



Beal High School—KS4 Newsletter

Dear KS4 Parent/Carer,

It was great to see all parents who came to both our Year 10 and our Year 11 Parents' evenings this half-term. It was a great opportunity for parents and staff to discuss our students' progress and attainment, alongside clear steps on how to improve.

Year 11 Mocks

We were very proud of how seriously the students approached their mock exams, displaying commendable levels of focus and responsibility. It is clear that our students are committed to doing their best to prepare for their upcoming GCSEs.

As we move closer to the Summer exams, I would like to take this opportunity to remind students of a few key guidelines to ensure they are fully prepared for exam day:

1. **Arrive on time:** It is crucial to be at the exam hall at least 10 minutes before the start of the exam. Late arrivals may not be allowed to enter.
2. **Follow all instructions:** Students should listen carefully to all instructions given by the exam invigilators and ensure they understand the rules before starting the exam.
3. **No mobile phones or electronic devices (ear pods, smart watches):** These should not be brought into the exam hall under any circumstances.

Thank you for reminding your child of these important key points and your continued support in helping them stay on track. We will be sharing these vital exam regulations with students in the coming weeks.

Year 11 Mock results' afternoon



Year 11 intervention timetable

Please see below our updated intervention timetable for Year 11. These sessions are open to all students who are taking these subjects at GCSE.

TABLE 1: LUNCHTIME INTERVENTIONS				
Monday	Tuesday	Wednesday	Thursday	Friday
	MFL: FRENCH TIME: 1.30 – 2PM LOCATION: 116	TRIPLE SCIENCE TIME: 1.30 – 2PM LOCATION: LAB 19	Sociology Time: 1.30 – 2pm Location: 12	MEDIA STUDIES TIME: 1.30 – 2PM LOCATION: RM1
	COMPUTER SCIENCE TIME: 1.30 – 2PM ROOM 78	MFL: SPANISH TIME: 1.30 – 2PM LOCATION: 118		
	RELIGIOUS STUDIES TIME: 1.30 – 2PM ROOM 85	COMPUTER SCIENCE - (programming) TIME: 1.30 – 2PM ROOM 78		
TABLE 2: AFTER SCHOOL INTERVENTIONS				
Monday	Tuesday	Wednesday	Thursday	Friday
MFL: GERMAN TIME: 3.20 – 4.20 LOCATION: 113 AND 114	P.E TIME: 3.20 – 4.20 LOCATION: ROOM 120	ECONOMICS TIME: 3.20 – 4.20 LOCATION: SF4	MATHS TIME: 3.20 – 4.20 LOCATION: HAWKING ROOM	3D DESIGN (KASPERKOWICZ) TIME: 3.20 – 4.20 LOCATION: DT3
PHOTOGRAPHY TIME: 3.20 – 4.20 LOCATION: 108		MFL: SPANISH TIME: 3.20 – 4.20 LOCATION: 118	3D DESIGN (VAGHELA) TIME: 3.20 – 4.20 LOCATION: DT1	
GEOGRAPHY TIME: 3.20 – 4.20 LOCATION: 53 AND 56		PHOTOGRAPHY TIME: 3.20 – 4.20 LOCATION: 108	RELIGIOUS STUDIES TIME: 3.20 – 4.20 LOCATION: 112	
COMBINED SCIENCE TIME: 3.20 – 4.20 LOCATION: LAB 3		FOOD TECH TIME: 3.20 – 4.20 LOCATION: ROOM 30	FOOD TECH TIME: 3.20 – 4.20 LOCATION: ROOM 30	
HISTORY TIME: 3.20 – 4.20 LOCATION: 64,67,66		BUSINESS STUDIES TIME: 3.20 – 4.20 LOCATION: SF6	HISTORY TIME: 3.20 – 4.20 LOCATION: 77	
DRAMA TIME: 3.20 – 4.20 LOCATION: DR4		ENGLISH TIME: 3.20 – 4.20 LOCATION: 94	MUSIC TIME: 3.20 – 4.20 LOCATION: 87	
COMPUTER SCIENCE TIME: 3.20 – 4.20 LOCATION: 78		MUSIC TIME: 3.20 – 4.20 LOCATION: 71		
		MATHS TIME: 3.20 – 4.20 LOCATION: 17		

ART & DT interventions arranged by classroom teachers, please liaise directly with your respective DT teacher.

Year 10 Jack Petchey award

‘After weeks of working lunches, weekends spent practising with enduring family members, some highs and inevitable lows, six brave Year 10 finalists faced the daunting audience of their peers to perform THE SPEECHES! On Tuesday 3rd February, Deen Wasil (10TT), Ayah Hussain (10DR), Gabriella Nkeaka (10AA), Gursimrat Kaur (10FGE) and Mahd Ashraf (10TT) went on stage and performed in front of all. The panel had the unenviable



challenging task of choosing the winner and runner up to represent Beal High School at the Redbridge finals on 25th February 2025 at Ark Isaac Newton School. Deen captured the audience with his view of what it takes to



create good video games, Ayah advocated for freedom of speech, Gabrielle encouraged the audience to find, generate and hold on to joy, Gursimrat reassured all of us that ‘not knowing is not a flaw’ and Mahd reminded the audience to seize the day and strive for better and be better’. There could only be one winner and one

runner up and these were: Gursimrat Kaur and Mahd Ashraf. We wish them the best at the finals!’ Ms Kezaabu-Lubowa & Mr Hodgson

Year 10 Interform volleyball competitions

The competition took place in January during Form. The finals took place on January 16th between 10FGE, 10KZ and 10TT. Please see below Shivdev Singh’s coverage of the event.

‘Everyone was still warming up, and you could tell Yuxiang missing the first serve shook things up. Fin then just went off, scoring again and again from serves like he could not be stopped. Faris and Moez had a couple of rough moments missing the ball, but that just made things more intense. Abul came in with a huge smash that got everyone hyped, and Fin kept the pressure on. The game felt loud, fast, and full of energy.

Game two felt way more locked in. Haroon was on another level, scoring over and over and making it look easy. His smash was crazy, and the crowd was loving it. Tanzim added a clean point, and Fin stayed consistent with solid serves. The rallies were longer, people were shouting, and both teams were really pushing each other.

By game three, the vibe became more serious. Everyone wanted their moment. Haroon opened strong, then Abdul, Moeez, and Yuxiang all chipped in. Tanzim and Haroon were linking up really well and keeping the other side under pressure. Every point got cheers, and no one was holding back.

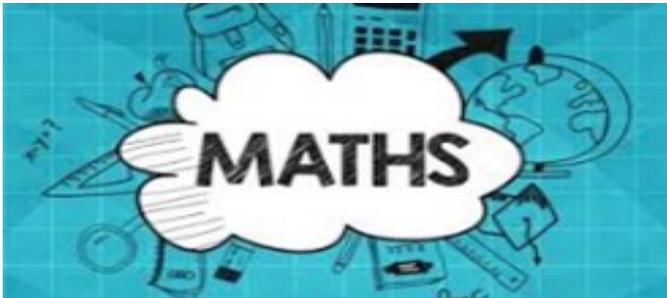
The finale was actually insane! Super intense, with everyone won edge. Every serve mattered, every save was clutch. Big smashes, fast reactions, and non-stop noise from the crowd. Haroon and Tanzim showed up when it mattered, and Fin, Abdul, and the rest fought for every single ball. When it ended, it did not even feel like just a game; it felt like a huge win for the whole team and something no one there was going to forget. Well done to 10FGE for a well deserved win!

Thanks to Tara Cambo and the prefects team for their great organisation, certificates and prizes!



Redbridge Food bank collection before the Christmas holidays

Thank you so much for your contributions in December! Beal has received a lovely certificate to display around the school. We now know exactly how much we raised: 267.95kg of food! This helped 24 people in crisis over the festive period, which is phenomenal.



Y10 Maths Challenge

The Mathematics Department is extremely proud and delighted to share yet another outstanding set of results achieved by our top Year 9 and Year 10 mathematicians at Beal High School in the prestigious Intermediate Mathematical Challenge, organised by the UK Mathematics Trust (UKMT). An impressive 85% of participating students secured a Gold, Silver, or Bronze

certificate - a truly remarkable achievement!

A special mention goes to Heer Dobariya for being the best in her year (10AX) and a huge well done to the following students for moving onto further rounds: Ammar Ahmed (10PJ), Moiz Shah (10FGE) and of course Heer! Congratulations to all our students for their hard work and dedication!



Extracurricular Law Talk

On Wednesday 14th January, 30 students from Years 11 and 12 attended an extracurricular talk in the Beal Maths School delivered by representatives from Queen Mary, University of London. The session formed part of the school's ongoing commitment to providing high-quality careers education and widening participation opportunities.

The talk was led by Professor Alan Dignam and Professor Frances Ridout from Queen Mary's School of Law, who offered students a valuable insight into studying Law at university and pursuing a career within the legal profession. Drawing on their extensive academic and professional experience, the speakers explored what a Law degree involves, the range of career pathways available to law graduates, and the skills and attributes required to succeed in the profession. Students were also given an overview of university life more broadly, including academic expectations, independent study, and the transition from school to higher education. The session concluded with a question and answer session, giving students the opportunity to ask about entry requirements, areas of legal specialism and routes into the profession. The event was an informative and inspiring opportunity for students to deepen their understanding of Law as an academic discipline and a profession, and to consider how their current studies can support future aspirations.



'I was privileged to listen to a talk about studying Law in further education. The talk was given by an admission officer from the Russel Group University Queen Mary, who was accompanied by a former barrister and criminal defence lawyer. I was able to get a deeper understanding of how our legal system works and the type of working day in the life of a lawyer. They

told us about different career opportunities within Law and they broke certain stereotypes about Law, for example 'all lawyers are extroverts'. I found this workshop very interesting and informative and I would love to attend another one in the future'. Liyana Ahmed (11BX)

Top achievers of the week – students with the most achievement points in their year group

Week 12th January – 16th January

Year 10

1st - Marianna Gumus (10AX)

2nd – Zacharia Saeed (10PM)

3rd – Zaynah Rahman (10KZ)

Week 19th January – 23rd January

Year 10

1st - Syed Shabab (10CL)

2nd – Milap Patel (10KZ)

3rd – Kashmala Ali (10KZ)

Year 11

1st – Roshen Nagarajan (11IO)

2nd – Meeran Zaheer (11BX)

3rd – Ayza Hussain (11IO)

Week 26th January – 30th January

Year 10

1st - Armaan Khan (10DR)

2nd – Alizah Aziz (10PM)

3rd – Gursimrat Kaur (10FGE)

Year 11

1st – Eliza Rawat (11BN)

2nd – Leila Cajee (11NA)

Joint 3rd – Zahra Sheikh (11HU) & Diyaan Butt (11BN)

Week 2nd February – 6th February

Year 10

1st - Matthew Mytsak (10AA)

2nd – Ekaterina Vicol (10PJ)

3rd – Jaya Sian (10RF)

Year 11

1st – Dayaan Khan (11GW)

Joint 2nd – Dharam Larh (11GW) and Amir Messaoudi (11GW)

3rd – Abdullah Javed (11IO)

In other good news

Judo News

Mert and Aylin Salim continue to go from strength to strength. In January they competed at the Scottish Open championship held in Scotland (Largs) against competitors from all over the world.

Mert competed in the under 19 cadets and under 22 junior categories. In the cadets category Mert dominated all his fights, reaching to the finals and winning a fantastic silver for team GBR. He also had a fantastic run in the Juniors category, making it to the semi-finals and only just missing out on bronze. He came in 5th place. This was a fantastic effort as Mert fought men in their twenties. Mert will be representing GBR in Rome's Olympic stadium in the European cup finals between the 6th and the 10th of February.

Aylin also had some fantastic fights, reaching the semi-finals and narrowly missing out on the bronze medal. Aylin will go on to represent Beal high school in the Schools' championship held in Sheffield on the 7th of March.



WORK EXPERIENCE AT JP MORGAN

'During the October half-term 2025, I was given the opportunity to experience corporate and finance work life in JP Morgan's Canary Wharf branch, with fellow peers from around London. It was a fantastic and very insightful experience giving me almost a certain reality check and reminder just how near my time was to start applying for companies just like this one.

Firstly the staff from Uptree who organised this for me were extremely helpful as they made sure we were in our allocated groups and comfortable with each other in our first online session before the actual first meeting. Whilst in the building, the activities definitely left a stamp in my brain as to what working life truly is and what sort of goals you can achieve at your job. We started off the day by doing ice breaker activities and then we went on a tour around the building; it was mind blowing and extraordinary, as there were so many facilities inside. After that, we were met by apprentice graduates who spoke about their experience to get to their position. Our main task was to design our own bank (my group's bank was called limitless!) which enhanced our thinking and communication skills.

On the second day we continued with this task and received some support from a few apprentices. We also met some Vice Presidents from the company who answered FAQs and our own questions. I learnt many useful skills such as a problem-solving skills known as STAR, which stands for Situation, Task, Action, Result. This was extremely helpful as I was able to take this skill away and put it into action in my day-to-day life such as when I am revising! Overall It was an invaluable experience which I would recommend to all students before moving forward and choosing A Levels or if they are unsure about their future career. I would also highly recommend applying as it helps you develop so many skills such as public speaking, problem solving and communication skills'. Zainab Sohail (11GW)



Coming up



Reminders....

Careers advice

National Apprenticeship week takes place from February 9th to February 15th. Please check the link below for further information.

[National Apprenticeship Week : resources library](#)

NATIONAL APPRENTICESHIP WEEK 2026

WE'RE SUPPORTING

NATIONAL APPRENTICESHIP WEEK

9-15 FEBRUARY 2026

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CHOICES MAGAZINE

RESOURCES & INFORMATION

OUR VALUED PARTNERS

AMAZINGAPPRENTICESHIPS.COM/PARENT

The banner features the 'Amazing Apprenticeships' logo in the top right. The central text is arranged in a hierarchy of colored boxes: a white box for the event name, a pink box for 'WE'RE SUPPORTING', a blue box for the event name, and a pink box for the dates. Below this is a call to action in blue text. The bottom section shows a laptop and a smartphone displaying the 'Parent & Carer Zone' website interface, which includes a 'CHOICES MAGAZINE' section and a 'RESOURCES & INFORMATION' section. The URL 'AMAZINGAPPRENTICESHIPS.COM/PARENT' is displayed in pink at the bottom.

Punctuality

Please remind your children that **punctuality to school and in-between lessons** is important. Being on time to lessons is something that is entirely in an individual's control and is also a mark of respect for the other learners in the class and the teacher. We ring 2 bells, with a 5-minute interval to allow travel time. If your son/daughter often receives late marks, please discuss this with them and raise the profile of punctuality as an important standard.

Thank you for your continued support and we hope you have a great break.

Kind Regards

Cecilia Chantaduc
Vice Principal & Head of Upper School

Andrew Round, Head of Year 10

Ahsun Raja
Assistant Principal KS4

Vinay Vaghela, Head of Year 11